



Rīgas kausi / Riga Cup 2015

Riga / 18.04.2015

Detailed evaluation

Lukačovs, Helmutš

Club: SILVA

Total time: 45:25

Running performance: 12:22 min/km

Course: 3.67 km / 18 Controls

Category:

Men 65-

Rank in category: 8(of 15)

Best time in the category: 29:38

Behind: 15:47

Intermediate times

| Controls | Split Time | Pos Cat. | Behind Cat. | Behind % | Total Time | Pos Cat. | Behind Cat. | Behind % |
|----------|------------|----------|-------------|----------|------------|----------|-------------|----------|
| 1 (127) | 5:48 | 11 | 3:06 | 114.8 | 5:48 | 11 | 3:06 | 114.8 |
| 2 (87) | 3:20 | 9 | 0:57 | 39.9 | 9:08 | 9 | 4:03 | 79.7 |
| 3 (108) | 1:48 | 5 | 0:17 | 18.7 | 10:56 | 9 | 4:17 | 64.4 |
| 4 (124) | 1:45 | 1 | - | - | 12:41 | 9 | 4:05 | 47.5 |
| 5 (88) | 3:26 | 14 | 2:32 | 281.5 | 16:07 | 11 | 6:36 | 69.4 |
| 6 (84) | 1:13 | 5 | 0:17 | 30.4 | 17:20 | 10 | 6:46 | 64.0 |
| 7 (129) | 1:19 | 1 | - | - | 18:39 | 10 | 6:11 | 49.6 |
| 8 (113) | 10:30 | 14 | 5:54 | 128.3 | 29:09 | 11 | 11:55 | 69.2 |
| 9 (92) | 2:30 | 14 | 1:20 | 114.3 | 31:39 | 11 | 13:10 | 71.2 |
| 10 (117) | 3:18 | 9 | 1:02 | 45.6 | 34:57 | 11 | 14:02 | 67.1 |
| 11 (97) | 0:36 | 1 | - | - | 35:33 | 11 | 13:40 | 62.5 |
| 12 (99) | 1:36 | 8 | 0:32 | 50.0 | 37:09 | 11 | 14:12 | 61.9 |
| 13 (101) | 2:45 | 4 | 0:22 | 15.4 | 39:54 | 10 | 14:34 | 57.5 |
| 14 (128) | 0:40 | 4 | 0:02 | 5.3 | 40:34 | 9 | 14:35 | 56.1 |
| 15 (53) | 0:51 | 2 | 0:01 | 2.0 | 41:25 | 8 | 14:36 | 54.4 |
| 16 (120) | 1:41 | 10 | 0:35 | 53.0 | 43:06 | 8 | 15:05 | 53.8 |
| 17 (104) | 1:12 | 13 | 0:28 | 63.6 | 44:18 | 8 | 15:33 | 54.1 |
| 18 (100) | 0:41 | 7 | 0:10 | 32.3 | 44:59 | 8 | 15:43 | 53.7 |
| Finish | 0:26 | 5 | 0:04 | 18.2 | 45:25 | 8 | 15:47 | 53.3 |